



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY SENIOR DINING
LGBT COMMUNITY CENTER
1110 N. MARKET STREET
FOR CURBSIDE PICK-UP
FEBRUARY



MKE LGBT
COMMUNITY CENTER
Be yourself

DINNER PLANS?

WEDNESDAY, FEBRUARY 24th

MENU

Italian Sausage
Marinara Sauce
Warm Veggie Pasta
Italian Green Beans
Crusty Roll
Juice
Chilled Pear Slices

WHO ANYONE 60, OR OLDER

WHAT DINNER CARRY OUT 3:00 PM

WHEN EVERY FOURTH WEDNESDAY

WHERE MKE LGBT COMMUNITY CENTER

ADDRESS 1110 N. MARKET STREET
SECOND FLOOR

COST \$3.00 SUGGESTED
CONTRIBUTION

RSVP CALL 271-2656 BY NOON
TUESDAY, FEBRUARY 23RD

JOIN US!



MILWAUKEE COUNTY
Department on Aging

MILWAUKEE COUNTY DEPARTMENT ON AGING
1220 W. VLIET STREET, SUITE 302 MILWAUKEE, WI 53205
COUNTY.MILWAUKEE.GOV/AGING

View Menus Online! Milwaukee County Department on Aging: county.milwaukee.gov/aging ♦ Senior Dining Office: (414) 289-6995

FROZEN **Corn** **5 ways**

3-Can Chili

- Frozen or Canned Corn
- Black Beans
- Crushed Tomatoes
- Chili Powder to taste

Crispy Taquitos

- Frozen Corn
- Chicken
- Green Onion, Green Pepper
- Cheddar Cheese
- Tortillas
- Vegetable Oil

Corn & Green Chili Salad

- Frozen Corn
- Diced Tomatoes & Green Chiles
- Vegetable Oil
- Lime Juice
- Green Onion
- Cilantro

Black Bean & Couscous Salad

- Frozen Corn
- Chicken Broth
- Couscous
- Vegetable Oil
- Apple Cider vinegar
- Cumin
- Black Beans
- Onion
- Bell Pepper
- Salt & Pepper

Corn Bread

- Frozen Corn
- Cornmeal
- Flour
- Sugar
- Baking Powder
- Egg
- Vegetable Oil
- Milk

Nutrition Facts

Serving Size: corn, 1 cup (145g)

Amount per serving

Calories 125

% Daily Value*






Total Fat 2g	3%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol -	-
Sodium 22mg	1%
Total Carbohydrates 27g	9%
Dietary Fiber 3g	12%
Sugars 9g	
Includes - Added Sugars	-
Protein 5g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 1mg	4%
Potassium 390mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.



-  Promotes Heart Health
-  Reduces Cholesterol Levels
-  Reduces Stroke Risk
-  Protects Eyesight
-  Supports Weight Management
-  May Help Prevent Colon Cancer
-  Reduces Type 2 Diabetes Risk

DID YOU KNOW?

-  An ear of corn has ~800 kernels in 16 rows.
-  There is one strand of silk for every kernel of corn.
-  An ear of corn has an even number of rows--each with the same number of kernels.
-  Corn grows on every continent except Antarctica.
-  Corn is America's #1 field crop.

Find these corn recipes here: <https://go.usa.gov/xn6DP>
 For more recipes go to: www.whatscooking.fns.usda.gov

